



## **TOWN OF HOPEDALE Board of Health**

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# **WHAT TO KNOW ABOUT COVID-19**

### **Exposure means:**

- Close contact with person who is symptomatic
- Close contact with a person who tested positive

### **Close contact means:**

- Living in same household as a person who has tested positive
- Caring for a person who tested positive
- Being within 6 feet of a person for more than 15 minutes who tested positive
- Coming into direct contact with secretions of a COVID-19 positive person (such as being coughed upon)
- Sharing utensils with a COVID-19 positive person

### **If you have been determined to be a close contact to a COVID-19 positive person:**

- If not symptomatic, isolate for 14 days OR obtain a negative test result after 5 days from known exposure
- Notify your department supervisor
  - Your supervisor will ask for close contacts in the workplace
  - Your supervisor will make sure your workstation is cleaned
- Notify the Hopedale Board of Health office
- Notify your health care provider

### **Symptoms of this infection may appear 2-14 days after exposure and include:**

- Fever, chills or shaking chills
- Signs of a lower respiratory illness (e.g., cough, shortness of breath, lowered oxygen saturation)
- Fatigue, sore throat, headache, body aches/myalgia, or new loss of sense of taste or smell
- Other less common symptoms can include gastrointestinal symptoms (e.g. nausea, vomiting, diarrhea), rash, and inflammatory conditions such as "COVID toes".

- In elderly, chronically ill, or debilitated individuals such as residents of a long-term care facility, symptoms of COVID-19 may be subtle such as alterations in mental status or in blood glucose control

**If you have any of the above symptoms:**

- Stay home and quarantine
- Notify your department supervisor
  - Your supervisor will ask for close contacts in the workplace
  - Your supervisor will make sure your workstation is cleaned
- Notify the Hopedale Board of Health office
- Notify your health care provider

**If you have tested positive for COVID-19:**

- Stay home and quarantine
- Notify your department supervisor
  - Your supervisor will ask for close contacts in the workplace
  - Your supervisor will make sure your workstation is cleaned
- Notify the Hopedale Board of Health office
- Notify your health care provider
- May return to work after 8 days symptom free with a negative PCR test result

**How long must you quarantine?:**

- At least 14 days from exposure OR
- At least 10 days from exposure provided the following conditions are satisfied:
  - You have not had or do not have any symptoms
  - You are tested on day #8 of your quarantine period or later using the PCR test (molecular diagnostic test) to detect the presence of the virus and receive a negative test result
- If you develop symptoms, you should contact your health care provided and be retested

12/1/2020

Exposure means  
COVID-19 HOPEDALE